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## **COCREATING A SUSTAINABLE FUTURE**

*by Laurie A. Monroe*

“WHAT YOU CALL EMOTION IS ESSENTIAL TO THE BASIC LEARNING PROCESS. IT IS A SPECIFIC, OBSERVABLE RESULT OF EXPOSURE TO THE LOOSH/LOVE RADIATION. THEREFORE, IT IS THE DRIVING FORCE, THE CREATIVE ENERGY WHICH MOTIVATES HUMAN THOUGHT AND ACTION.” ~ Robert A. Monroe, *Far Journeys*

We have all experienced seeming coincidences in our lives. The more closely we observe these incidents, the more obvious it becomes that they are really creations of our own thoughts and feelings. The fact that you are reading these words is more likely to be part of a well-orchestrated plan from that which is far greater than our physical reality than a “coincidence.”

The powers of creation and manifestation reside within everyone; it is merely a question of learning and remembering how to use and control such powers. We can create what we need in our everyday world by bringing the energy of There to Here. To do so, we must know that the separation between There and Here is an illusion. The power of manifestation is the essence of who we are. Looking within, we rediscover the means to create our desired pathway to a future Now.

Our emotions fuel our ability to manifest our desires in this physical lifetime. Emotions and feelings—love, joy, fear, and anger—create both mental and physical reactions. Emotional fuel burns cleanest when our feelings are aligned with the higher vibrations of love and joy. Choosing this alignment attracts love and joy to us, mentally and physically. Emotions are our teachers. If we perceive our needs as being met, then we will broadcast positive emotions. If our needs are perceived as unmet, our emotional pains may manifest in our physical bodies. Therefore, it is crucial to listen to our emotions, own them, and know that we have chosen to entertain certain emotions as part of the growth process. The key is to experience and, subsequently, to learn to control and direct emotions and feelings.

Through exploring our inner world, we come to recognize that the magic resides within us and is always readily available. Several Institute programs expose participants to tools for creating their own futures. Our inner world is a reservoir of wisdom that can be utilized in every moment. This pervasive, connective element within each individual mirrors the creative web that bonds all life. Choosing to employ our personal energy in productive and constructive ways can lead to a better future for everyone.

At the 1999 Institute of Noetic Sciences Conference, I attended a session on The Pathfinding Project. The Pathfinding Project is “an opportunity to discover, envision and create new paths.

It is a network of people connected by the common goal of creating a positive future and committed to transforming their own lives and the world around them.” It is an opportunity for all to envision a future that resonates with the heart and spirit. The project seeks to understand the present state of the world, to visualize a positive image of the future, and to identify specific paths by which a more just, sustainable, and compassionate world can come into being.

People can make a difference. If we envision a future that is just, sustainable, and compassionate for all life on planet Earth, perhaps we will create it. Trusting our inner sources of knowing and utilizing the power within us opens the way to express the highest potential through our actions. Our inner qualities of being will illuminate our outer expression of manifestation.

Many signs of an emerging new worldview are present in our everyday lives, if we choose to be aware of them. If we hold the vision of a future that works for everyone—actually see it in our mind’s eye—it will be our reality. Imagination must precede creation. Imagining and visualizing a future based on the fundamental values of compassion, justice, and sustainability endows all possible futures with those potential attributes.

Releasing the illusion of separateness and moving into an awareness of wholeness awakens us to the role of spirit in this physical dimension. Individually and collectively, we can then devote our creative energy to making a difference. I invite all of you to participate and to begin to walk the path toward a future that is just, sustainable, and compassionate for all.

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